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Your essential daily news | TUESDAY, MARCH 7, 2017

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Premier Christy Clark addresses a luncheon of the Greater Vancouver Board of Trade on Feb. 22.
DAVID P. BALL/METRO

'LEGALIZED BRIBERY'

Criminal charges possible as Elections B.C. probes BC Liberal donations
metroNEWS

PET-ITION

Pet owners rally to change B.C. rental laws
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In an unaffordable city, a push to preserve heritage homes gets pushback
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A tale of two school boards
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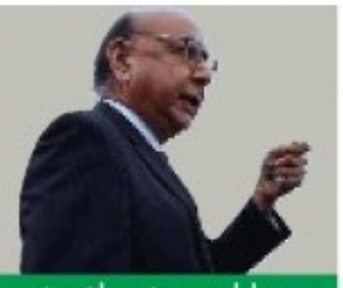

Khizr Khan, who has publicly criticized Trump, is cancelling Toronto talks due to the travel ban.

Push to preserve heritage homes gets pushback

HOUSING

Critic: Proposal too broad, unaffordable areas will freeze

Jen St. Denis
Metro | Vancouver

From Caroline Adderson's point of view, proposed new regulations could prevent beautiful old homes, often with basement suites, from being torn down and replaced by a single, larger home.

From where Javier Campos sits, the zoning restrictions floated by the city would freeze already unaffordable neighbourhoods in time, preventing denser forms of housing from sharing space with heritage houses.

Vancouver's character home zoning review comes before council today, and staff will then return to council in April with final recommendations. The proposal would apply to 80 per cent of homes built before 1940, and suggests limiting the size of the new home that can be built when an old home is torn down.

Campos says the current proposal is much too broad, applying to nearly all homes built before 1940, which may not all have heritage merit. Meanwhile, some houses built after that year may well deserve protection.

Caroline Adderson is a heritage house advocate and author of Vancouver Vanishes.
JENNIFER GAUTHIER/METRO FILE

> We put all our density on our arterials and it's killing those arterials. Javier Campos

"The problem right now is if you preserve these neighbourhoods, you freeze them essentially. We put all our density on our arterials and it's killing those arterials," said Campos, an architect.

"It's important to look at the neighbourhood as a whole, and to say we're going to preserve the houses and everything else can go to hell — that doesn't work."

Adderson lives in a single family house in Dunbar. For several years, she's documented the older homes that have disappeared in her neighbourhood, where modest older houses regularly sell for upwards of $3 million.

To Adderson, it's a waste both in the environmental sense — as the old-growth wood used in many of the homes is thrown away — and a wasted opportunity to add density to the lots.

Gil Kelly, chief planner for Vancouver, said the proposal does not downzone single family lots, even though it limits the size of the replacement home.

"If we preserve a home that has some amount of character — and that has to be qualified — then we should loosen up the rules that would allow you to do more intense housing on the same lot," he said.

The most pushback has come from homeowners who fear new regulations will reduce the value of their properties.

"There's a big generational shift," Kelly said. "Who's been living there for lots of years and is comfortable with things the way they are? And then you look at people who have been priced out, and they have the opposite attitude."

Adderson and Campos will appear on a panel debating the issue on March 8. For more information visit urbanarium.org.

RACISM

Poll is not full picture

Wanyee Li
Metro | Vancouver

A new poll says one in three people who identify as a minority have been the target of abuse due to their ethnicity, but one activist says the effects of racism run deeper than that.

The survey, conducted by Vancity Credit Union found that more than half of minorities feel people make assumptions about them because of their ethnic background. Almost one in three reported feeling discriminated against because of their name, and almost half said they believe their ethnicity has resulted in a social disadvantage.

> I think the numbers underestimate how bad things are. Daniel Tseghay

But anti-racism advocate Daniel Tseghay says this kind of discrimination is more rampant than what the poll suggests. "I think the numbers underestimate how bad things are," he said. Many who experience direct racism are hesitant to report those experiences, he pointed out. Meanwhile, the Vancity poll showed that most respondents believe multiculturalism has been good for Canada and want immigration levels to increase or stay the same.

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Donations 'legalized bribery'

POLITICS

Allegations a 'clear example' of rules broken, says watchdog

David P. Ball
Metro | Vancouver

The RCMP should consider whether it has grounds to open a criminal investigation on political donations in British Columbia, said B.C. Green Party Leader Andrew Weaver on Monday — after Elections B.C. revealed it was investigating large donations made to the BC Liberal party from corporate lobbyists.

The allegations add fuel to ongoing criticism of what Democracy Watch co-founder Duff Conacher said "amounts to a system of legalized bribery" in a province that's "one of the worst, one of the most undemocratic and unethical political donation systems of anywhere in Canada."

"B.C. has very few rules," he said in a phone interview. "Here we have clear example of those rules being broken.... They're trying to hide their influence on the government."

On the weekend, a Globe and Mail investigation alleged that some registered lobbyists had been illegally reimbursed by corporations they lobbied for.

That article, the province's chief electoral officer told Metro, prompted him to open what will likely be an "extensive" investigation into whether the Election Act was violated.

The president of the B.C. Conservative Party, Corbin Mitchell, said that Premier Clark must go further than her vow to publish party donations within 10 days. CHAD HIPOLITO/THE CANADIAN PRESS

"It runs counter to the very foundation of our political contribution disclosure system, which is to make transparent who is contributing to the political parties here in B.C.," Keith Archer said in a phone interview.

Archer would not provide a timeline, the number of investigators or whether the probe could wrap up before the May 9 provincial election. But he said if the allegations are substantiated, "It's a violation of the Elections Act" and could carry "substantial" penalties — "up to $10,000 and up to one year in jail."

The New Democrats, meanwhile, did not offer Metro comment on the revelations.

"At this time we aren't putting out a statement," a spokeswoman told Metro in an email Monday afternoon. Nor was leader John Horgan available for an interview for the Globe and Mail's story over the weekend.

However, Horgan opened question period on the topic Monday before his party moved on to ask about hospital overcrowding. Afterward, he told reporters he has asked his staff to look into whether his own party accepted donations through the "same glaring error" as the Liberals.

"This is really not about the practices of the parties," he said. "It's about a government that doesn't see this ethical blind spot — and that is they're taking massive amounts of money from people who need government decisions made in their favour. That's the problem.... This is about the influence of money in our politics."

In the legislature, Attorney General Suzanne Anton called Horgan's comments "allegation ... by insinuation," adding that, "citizens are entitled to know who is making contributions when they're made. And that is happening."

But according to new poll results obtained by Metro, most British Columbians want more than just transparency. A Forum Research survey of 1,061 randomly selected voters found that seven-in-10 want corporate and union donations banned from politics and limits placed on how much individuals can give.

> **It runs counter to the very foundation of our political contribution disclosure system, which is to make transparent who is contributing to the political parties here in B.C..** Keith Archer

Even among BC Liberals' own voters, the donations are unpopular: 55 per cent opposed corporate donations (compared to just 34 per cent supporting them), and 67 per cent opposed union donations.

(The self-commissioned poll, conducted Feb. 22 and 23, had a three per cent margin of error, 19 times out of 20.)

Dermod Travis, with Integrity BC, said the revelations "add to the cynicism" of many voters but that he wasn't surprised by the poll results.

"The public was never really happy with the system," he said in a phone interview. "What they didn't know about were these high-priced, behind-locked-doors, exclusive, cash-for-access events.... Now some companies are using their lobbyists to hide their donations. That again repulses the public on something they were already repulsed by."

Meanwhile the president of the B.C. Conservative Party, Corbin Mitchell, said in a statement that Clark must go further than her vow to publish party donations within 10 days.

Mitchell "welcomes" the pledge but called it "a bit of a smokescreen to obscure that the real issue is not the speed of disclosure but the true identities," he stated. "The abuse of our political process that this scandal reveals needs to be cleared up before voting day."

Travis said that he was disappointed in the Official Opposition for what he called an "abdication of its responsibilities to hold the government accountable," but said regardless of the NDP's strategy, "This is going to be an issue going all the way into the ballot box."

A tale of two school boards

EDUCATION

Parents fail LGBTQ pupils in one, refugees celebrate in other

CITY HOLLER
Trish Kelly

Advocates for the rights of undocumented immigrants and refugees cheer after New Westminster School Board unanimously passed B.C.'s first explicit "sanctuary schools" policy last week. CONTRIBUTED/JORGE SALAZAR

> For kids who feel unsafe at home, school could be the first place that they have true sanctuary, from immigration officers, from bullies and toxic parents.

Two Lower Mainland school districts are in the headlines this month and while they both are wrestling with how to make students safe in their schools, one school board is leaning in to the leading edge of inclusivity while the other lags behind the status quo.

Let's start with the good news. Last week, New Westminster school trustees unanimously passed a sanctuary policy ensuring that children residing in New West will be able to enroll, even without proof of immigration status. While Vancouver and Burnaby have already passed access without fear policies aiming to address the same issue, New West's Safe and Welcoming Schools for All policy goes a step further by including a promise that the Canada Border Services Agency will not be allowed to enter schools unless required by law.

Many Canadians feel safe around law enforcement and are confident that the people we place in uniform and arm with guns are around to protect us. This policy is not for those people. The policy is for those amongst us, who regardless of their immigration status now, have lived in places where people in uniforms can disappear a family member or detain them for no legal reason.

The policy is for those whose life experience tells them it's not a stretch that a border agent might walk into a school and take a child into custody to draw out a parent in hiding.

In the Richmond School District, the issue of safety for LGBTQ students is raising hackles and inspiring petitions. Last November, two Richmond students asked their school board to create a policy to ensure schools are safe environments for transgender students and kids of all sexual orientations. At this point, every other school board in the Metro area, except Abbotsford, has one.

The Richmond board supported the idea, but opposition from some parents is proving a barrier. A parents group spokesperson interviewed on Global Television last week explained aside from a perceived lack of consultation for parents, giving more formal support to LGBTQ+ students could possibly turn straight students homosexual.

That there are parents who believe sexual orientation and gender are inappropriate life choices that need to be discouraged, is bad news for all Richmond kids, but especially for the ones who live in such households.

For such kids, school could be the only safe haven from homophobia and transphobia. Kids spend more of their waking time in school than anywhere else. For kids who feel unsafe at home, school could be the first place that they have true sanctuary, from immigration officers, from bullies and toxic parents.

Let's hope Richmond trustees see New West as an inspiration to do what's right.

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Instruments go national

MUSIC

'Extremely valuable' lending service expands

Ashley Singh
For Metro | Vancouver

The Vancouver Public Library's popular instrument lending program will be expanding across the nation.

The Sun Life Financial Musical Instrument Lending Program was launched last summer in Toronto, Vancouver and Montreal. In Vancouver, the demand for the instruments is huge, said Kyla Epstein, vice-chair of the Vancouver Public Library at a press conference Monday.

"The instruments have been borrowed hundreds of times and right now there are more than 450 holds as people wait to borrow an instrument and people have told us how much they love and appreciate this ground-breaking program," said Epstein.

The lending program offers a wide collection of instruments ranging from ukuleles, guitars, violins, as well as various percussion instruments.

As a result of its popularity, Kevin Dougherty, president of Sun Life Financial, announced the program will be expanded to libraries across Canada and that Sun Life will be donating 150 additional instruments to each participating library.

Award-winning musician Sarah McLachlan praised the influence the program has had on children. McLachlan also donated an acoustic guitar to the library during the press conference.

"As a musician myself, I know how extremely valuable music is and the amazing benefits music offers for our children," she said.

Mayor Gregor Robertson, a tuba player and drummer, spoke about the importance of music being accessible and how it's had an impact on the city's economy.

"It makes a massive impact on not only who they are but who we are as people but it's making a huge impact on our economy. Vancouver right now is cranking economically because of music and because of a creative spark we have here," said Robertson.

Musician Sarah McLachlan, Mayor Gregor Robertson and VPL vice-chair Kyla Epstein were at the main branch of the Vancouver Public Library on Monday. ASHLEY SINGH/FOR METRO

HOUSING

Pet owners rally to change rental laws

Wanyee Li
Metro | Vancouver

Animal advocates are launching a campaign to change B.C.'s renter laws that they say put pet owners at a disadvantage at a time when vacancy rates in cities are at one per cent or lower.

Less than 10 per cent of rental listings in Vancouver are available to people with pets, said Eliot Galan, co-organizer of Pets OK BC.

The organization says support for its call to eliminate the 'no pets' clause from the Residential Tenancy Act has been swift. Its Facebook group gained 1,000 followers in three days once word got out about the petition in February, according to Galan.

"Anyone who is a renter who has a pet has been affected by this at some point of their lives," he said.

Galan, a Vancouver renter who is also a dog owner, describes the issue as a matter of human rights, because many people consider their pets as family members.

"I've had my dog for seven years now and she has saved my life in numerous reasons. I will never give her up," he said.

But hundreds of people are forced to give up their pets every year due to housing issues, according to the BC SPCA.

About 1,700 animals were surrendered to the non-profit as a result of housing problems, according to Amy Morris, policy outreach officer at BC SPCA.

The BC SPCA wants the government to consider modelling its Residency Tenancy Act after Ontario's rental laws, which haven't allowed landlords to discriminate against pet owners for more than 20 years.

Those laws still allow landlords to evict a tenant if their pet is causing problems.

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Our leaders need to take action

The onus is on our politicians to name the issues and commit to fixing them

FOR METRO
Tristan Cleveland

How are we supposed to solve a problem politicians won't talk about?

In response to Judge Lenehan's shocking acquittal of a taxi driver for sexual assault last week, Premier Stephen McNeil has said nothing. Justice Minister Diana Whalen says they are "considering options."

Prime Minister Trudeau says they have "work to do."

What we haven't heard is a decisive commitment to structural reform to stop the slew of disgraceful sexual assault decisions in the news recently.

It's generally appropriate for politicians to defer to judges on legal matters, but when cases highlight systemic problems, it's up to our political leaders to name the issues and commit to fixing them.

Our prime minister and premier can and should state clearly that rules must be put in place to ensure judges are adequately trained to give sexual assault victims fair trials. Judge Gregory Lenehan appears to have thought that a person must be unconscious to be legally considered too incapacitated to give consent. That's simply not true.

Rona Ambrose, interim leader of the Conservative Party, has put forward legislation to require exactly this kind of training for all judges.

Trudeau should work with the opposition to pass this bill.

Dalhousie Law Professor Wayne McKay proposes we do one better and create a court specialized in sexual assault cases, as has been done in the United Kingdom and several states in the United States. That way, lawyers, prosecutors and judges involved could all have consistent experience in sexual assault law.

They could also have greater, "skills and training in not retraumatizing the victim." That's crucial. Not only is it difficult to convict in sexual assault cases, the experience of the trials is often terrible. As a result, the rate of women who report sexual assaults to police has dropped by more than half since its peak in 1992, according to the Nova Scotia Advisory Council on the Status of Women. Nationally, only 8 per cent of these crimes are reported.

Of the sexual assault cases reported to police in Halifax, 27 per cent led to charges, compared to 40 per cent for other violent crimes. When you add in the conviction rate, only a fraction of a fraction of a fraction of people who commit sexual assaults face legal consequences.

Meanwhile, 100 per cent of sexually assaulted women live with the consequences.

Women need to be able to walk on our streets and use our taxis with the full knowledge that the legal system has their back.

Chrissy Merrigan is co-organizing a protest on Tuesday afternoon against Judge Gregory Lenehan's comments in a recent sexual assault verdict. ZANE WOODFORD/METRO

Protesters to voice 'outrage'

Yvette d'Entremont
Metro | Halifax

"You can feel the outrage in the city."

That's what Chrissy Merrigan said about why she became involved in co-organizing a march expected to draw hundreds to downtown Halifax on Tuesday afternoon.

The event was created to protest Judge Gregory Lenehan's comments, including "clearly a drunk can consent," in acquitting cab driver Bassam Al-Rawi of sexual assault last Wednesday.

"You could feel the outrage the next day... It's all that anybody could talk about," Merrigan said.

More than 1,000 people have committed on Facebook to attending, with more than 2,400 expressing interest. Although that doesn't mean those numbers will hit the streets, Merrigan said the quick and overwhelming response shows people are frustrated.

Organizers want the Crown to appeal Lenehan's ruling, and want an investigation into his handling of the case.

They opted to organize the protest during work hours to make a point.

Organizers want the Crown to appeal Lenehan's ruling, and want an investigation into his handling of the case.

They opted to organize the protest during work hours to make a point.

"We need to make noise during the day when people are downtown…We really wanted the people who are in the courthouse and the people in the system to know that we are upset," Merrigan said.

"After 5 o'clock they're gone home, they're making dinner with their families, they're not there to see it, and that's who needs to make the change."

POVERTY

Canada urged to calculate cost of raising children: Advocates

Canada urged to calculate cost of raising children

No official estimate exists to guide public policy and help parents plan Canadian politicians champion middle-class families and pledge to end child poverty without knowing what it actually costs to raise a child in this country, says a new report being released Tuesday.

And it is time Ottawa invested in official estimates to guide public policy and help parents with planning, argues the report by Campaign 2000, a national coalition committed to ending child poverty across the country.

"Everyone who cares about the quality of life of Canada's children should be concerned about the cost of raising them because it is one of the key determinants of children's economic well-being," the report says."The importance we place on this information demonstrates how our country values its families, its children and its future prospects," it says. "The services we provide to families hinge on the accuracy of these numbers."

Toronto's Rebekka Unrau, 31, who works as an office administrator for a Montessori school, knows the cost of infant child care is as high as her rent. But she's not sure about the other costs she should expect.

She and her partner, a supply teacher with the Toronto District School Board, rent a small two-bedroom apartment in a house in the city's east end and both work second jobs on weekends to make ends meet. They don't own a car and don't expect they will ever be able to afford to buy a house.

$12.8K

In 2011, Canada's Moneysense magazine estimated the average annual cost at $12,824.

"Certainly the cost of living in Toronto is very high," she said. "Having a better idea of what we can expect definitely will help us plan when and if we can have a child."

Accurate estimates are also needed to help parents decide whether to have children or if they can afford others, for family court decisions around child support and compensation for foster parents, Campaign 2000's national co-ordinator, Anita Khanna, said.

Many western countries regularly calculate the cost of raising children, the report notes. For example, in January, the U.S. Department of Agriculture pegged the cost of raising a child born in 2015 to age 18 at $233,610, or almost $13,000 a year, including the cost of food, shelter and other necessities, but not post-secondary education. TORSTAR NEWS SERVICE

Revised ban leaves refugees confused

IMMIGRATION

Order gets rid of some more contentious aspects

Syrian refugee Mahmoud Mansour, 43, is shown in this photo, taken Monday in Amman, with his daughters Ruba and Sahar. Mansour, who has been undergoing vetting for resettlement to the U.S. for the past year, says he was devastated by Trump's ban. THE ASSOCIATED PRESS

It's been an emotional roller coaster for Mahmoud Mansour and his family, Syrian refugees tapped for possible resettlement to the United States, since President Donald Trump issued his first travel ban six weeks ago.

The original ban, which barred Syrian refugees from the U.S. until further notice, devastated Mansour's family of six, which has been undergoing security vetting ahead of resettlement for the past year.

The revised ban, signed by President Donald Trump without fanfare on Monday, no longer singles out displaced Syrians, but suspends the entire refugee program for four months to allow for a security review.

The order eliminates some of the most contentious aspects in an effort to surmount the court challenges that are sure to come. Trump's first order, issued just a week after his inauguration, was halted by federal courts.

The new one leaves Iraq off the list of banned countries — at the urging of U.S. military and diplomatic leaders — but still affects would-be visitors and immigrants from Iran, Syria, Somalia, Sudan, Yemen and Libya. It also makes clear that current visa holders will not be impacted, and it removes language that would give priority to religious minorities — a provision some interpreted as a way to help Christians get into the U.S. while excluding Muslims.

The changes underscore the very different position the president finds himself in.

Five weeks ago, Trump dropped the first order with a bang, catching lawmakers and members of his administration by surprise. He signed the order in a high-profile ceremony at the Pentagon's Hall of Heroes as Secretary of Defence James Mattis stood by.

This time around, the president skipped the usual public ceremony altogether. Instead, the administration chose to have Homeland Security Secretary John Kelly, Secretary of State Rex Tillerson and Attorney General Jeff Sessions serve as the public faces of the rollout at a brief press announcement.

"I think today was about the implementation of it," said Press Secretary Sean Spicer — at a briefing off camera.

Legal experts say the new order addresses some of the constitutional concerns raised by a federal appeals court about the initial ban but leaves room for more legal challenges.

THE ASSOCIATED PRESS

REACTION

New move not a big change, experts say

Gilbert Ngabo
Metro | Toronto

Immigration experts and advocates are concerned the new Muslim ban signed on Monday will make life even harder for would-be refugees.

Donald Trump's Muslim Ban 2.0 halts refugee intake for 120 days and bans any U.S. visits from citizens of Syria, Sudan, Somalia, Iran, Libya and Yemen. It now exempts people from Iraq, as well as green-card holders and those who have permanent resident status.

"There is no moral way we can say that the U.S. is a safe country for refugees anymore," said Emily Gilbert, director of the Canadian Studies program at the University of Toronto.

"This executive order only reinforces the anti-Muslim sentiment that we know exists in the U.S. and in Canada."

Canada should be concerned about a potential echo of that discourse, she warned. Some of the candidates in the Conservative party have expressed similar beliefs, and aggressive acts against religious minorities have taken place.

Trump's first Muslim ban prompted legal challenges and demonstrations across the globe, with many Canadian advocacy groups urging the federal government to repeal the Safe Third Country Agreement, which prevents people in the United States from claiming refugee status in Canada.

"We need the border open, because there's clearly no fair refugee system in the United States again," said Syed Hussan, a Toronto refugee advocate.

Aides defend Trump's wiretapping claims

White House officials on Monday defended President Donald Trump's explosive claim that Barack Obama tapped Trump's telephones during last year's election, although they won't say exactly where that information came from and left open the possibility that it isn't true.

The comments came even as FBI Director James Comey privately asked the Justice Department to dispute the claim because he believed the allegations were false. When asked whether Trump accepted Comey's view, White House Deputy Press Secretary Sarah Huckabee Sanders told ABC's Good Morning America: "I don't think he does."

Sanders and Kellyanne Conway, another top adviser, said the president still firmly believes the allegations he made on Twitter over the weekend. The aides said any ambiguity surrounding the issue is all the more reason for Congress to investigate the matter.

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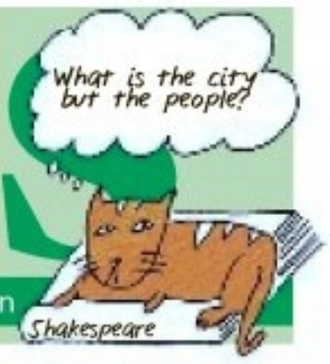

PHILOSOPHER CAT by Jason Logan

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Designing for women

As long as there have been cities, there have been women. But that's not always obvious when looking at the pieces that make up urban life. From street names to transit transfer policies, the lives and needs of women are often overlooked. **On the eve of International Women's Day, six ways to make cities for all.**

1 Wider sidewalks
It must be said that many initiatives billed as making cities better for women are rooted in gender stereotypes, such as women pushing baby strollers. But, still, wider sidewalks help anyone with a stroller, wheelchair or walker move about more easily.

2 Brighter streets
The evidence isn't clear cut on whether brighter streets are safer, with some saying it enables criminals. But when it comes to preventing crime that disproportionately affects women, organizations including the UN have pushed for more light.

3 More washrooms
Equal, easy access to clean, well-equipped toilets (i.e. with garbage bins, and, hey, free tampons if you're feeling generous) is still out of reach in many cities, in both public and private buildings. Not to mention the scarcity of stalls at sports stadiums.

4 Flexible fares
Studies show men and women use transit differently, as women still take on most household chores, like school runs and groceries. This often means less straightforward trips. Time-based fares could lower the costs for those zig-zag trips.

5 Fair playgrounds
A study found that after age nine, little girls were crowded out of parks by boys, who more boldly claimed space. To address in a small way the systemic issue of men being socialized to be more assertive, planners made parks with more and varied play areas.

6 Stature on statues
With only one in five city statues in Toronto depicting women and similarly dismal numbers when it comes to park and street names across other Canadian cities, advocates have pushed in recent years to have equal representation.

WORD ON THE STREET by Brent Toderian

Semis, rowhouses the 'gentle' way to strengthen our cities

If you could be a fly on the wall in city planning departments lately, chances are you'd overhear a conversation about "gentle density." And the planners would look pretty stressed.

That's because most cities are struggling with significant housing challenges, and recognize their existing planning rules and approaches aren't going to solve them.

These difficult and complicated challenges include building more complete and resilient communities, addressing politically explosive debates about neighbourhood change, and improving affordability. There's also the challenge of preserving community "building blocks" like local schools and shopping as some neighbourhoods lose population, the debilitating cost of sprawl, and the clear connections between public health and building communities.

So what is gentle density, and what does it have to do with all that?

As I defined it back in 2007, gentle density is attached, ground-oriented housing that's more dense than a detached house, but with a similar scale and character. Think duplexes, semi-detached homes, rowhouses, or even stacked townhouses.

In short, it's "gentle" because the actual impacts of adding such housing choices, if designed well, are minimal – although you wouldn't know that by the controversy that can be raised in some communities.

Many people don't mind sharing a common wall and are eager to cut their costs and carbon footprint, but still appreciate a direct relationship with the ground. That's why fellow urbanist Daniel Parolek in San Francisco calls this kind of density the "missing middle." In most cities this middle is under-represented, if it's there at all.

In some cases, this is because builders need to learn (or re-learn) this kind of building. In others, land economics and land assembly make it tough sledding.

In most cities, though, deliberate zoning decisions have made this kind of housing illegal.

That's a problem, because from a planning perspective, there's nothing fundamentally incompatible about all sorts of gentle density cohabitating in a well-designed neighbourhood.

When we listen carefully, the opposition to such a mix usually isn't about planning principles – it's more often about politics fuelled by financial self-interest (the perceived impact on property values) and "not in my backyard" sentiments.

If we want to get serious about addressing our big challenges, we need to seriously rethink how we discuss and address change in our communities. Ironically, gentle density could help strengthen and stabilize our neighbourhoods far better than trying to cast them in amber would.

Our cities and suburbs need more gentle density. Our stressed-out planning departments are struggling with how to do it well. Let's give them our encouragement and ideas.

Brent Toderian is an international city planner and urbanist with TODERIAN UrbanWORKS. He is also Vancouver's former chief planner and the president of the Council for Canadian Urbanism.

PUBLIC WORKS
The week in urbanism

Small-town high line
St. Thomas, Ont., isn't known for it urbanist ways. But in August the town of 38,000 is poised to unveil Canada's first elevated park. The park, 25 metres above ground, replaces an old rail bridge that was going to be taken apart. New uses could include yoga classes, gardens and benches with nice views.

Cyclists gain suction
Cyclists, or possibly a lone cyclist, wanting better protected bike lanes in Wichita, Kansas, took matters into their own hands. Plungers with spray-painted handles and reflective tape appeared alongside the road, delighting the city's growing cycling community.

URBAN DICTIONARY
Desire paths

DEFINITION The paths carved out with footprints when multiple people take a more convenient route through fields or other open spaces.

USE IT IN A SENTENCE
After a fresh snowfall Luke followed the **desire paths** on campus created by previous students rushing to class.

CITY CHAMP

Toronto-based architect
A principal with ERA architects, Graeme Stewart's research on retrofitting Toronto's suburban high-rises has shaped the city's housing policies over the past decade.
@GraemeJStewart

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Adele officially announces that she and longtime partner Simon Konecki are married

What does a feminist future look like?

After The Women's March on Washington in January, it seems we're riding another wave of the women's movement. But it is not without its issues. For International Women's Day, we looked to Canadian women for insight on the future of feminism, inclusivity and smashing patriarchy. TORSTAR NEWS SERVICE

Clockwise from top left: Farrah Khan, Ing Wong Ward, Gwen Benaway, Septembre Anderson, Uzma Jalaluddin, Kate Chung.

Farrah Khan

Sexual violence support worker, educator, queer Muslim artist

How can feminism get people of different races and genders into the fold?

This march is not the beginning. Many people, including our elders and godmothers of the movement, have been fighting for a long time.

It's not about getting people from marginalized communities into the fold but expanding what the fold is. It's creating space for different visions of what equity looks like. We need to be continually thinking about who is left out and who needs to be included. The movement needs intergenerational conversations, feminist godmothers, FEMtors that have institutional and movement memory so we're not reinventing the wheel but building.

Kate Chung

Toronto Raging Grannies

What did you make of the march?

Marches like this help build solidarity but I hope it's not all focused on the U.S. We're brainwashed here to think that Canada is so wonderful and we live in the best country in the world but, I'm sorry, there are still things to fix. This is not a perfect place and I see things sliding backwards. I'm old enough to remember the 1970s when we had hope that change was coming. Also, there's no such thing as just a women's issue. Climate, the future of this planet, justice, refugees, war and peace, homelessness — we're not just fighting for our own grandchildren but all grandchildren.

Uzma Jalaluddin

Writer, teacher, Toronto Star columnist

Did you march? What should happen now?

I didn't march but fully support the women who did. I think there's a sense that something very fundamental about American society is under attack right now and people feel it on a visceral, personal level. For me, as someone who is very visible, I understand so many people who are being placed, viewed and treated as outsiders. All the social justice movements, especially feminism, need compassion, empathy, understanding and tolerance. It would also be nice to see a wider variety of stories out there. I think that feminists need to read each other's stories.

Septembre Anderson

Reluctant feminist and activist, journalist

How should feminism work to get folks of different races and genders on board?

It's important to understand and accept that we're working on the same issues but not together, that we're working as teammates but not necessarily on the same team. Our diversity is our strength. Men are a whole other thing and it's valuable for men to do their work where they are. They don't need to come into our group, they need to speak to other men. In the locker rooms where they're talking about grabbing women by the p---- — that's where their work is. To the men: Your work is with other men.

Ing Wong Ward

Associate Director for the Centre for Independent Living

What else does the movement need?

I do hope that the women who marched can take the power and goodwill they felt during that day and find ways to turn this into everyday resistance. Social movements aren't solely built on large, visible demonstrations. They're also built on the decisions individuals make to say they refuse to believe the status quo cannot change. The movement needs to be far more open to diversity and to find ways to share power with under-represented groups, including women with disabilities, who are too often rendered invisible. Part of this involves white, CIS, straight, nondisabled women listening to women whose lives do not mirror their own, to hear what the feminist movement can do to be more inclusive.

Gwen Benaway

Annishinabe/Mètis trans poet

What does the movement need right now?

To really focus on intersectional feminism. It's time for us to move past divisiveness and embrace the strength, mission and perspectives of all women who are experiencing misogyny if we are going to really challenge and change things. There has been a fundamental rollback of our rights and equal access so we need to come together as diverse women and stand unified. (We have a) moment to leverage the unity of the moment and the strength of our unity. The way to do that is to call out men collectively, to call out misogyny.

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Strong is the new pretty

PORTRAIT PROJECT

Book fights a message, toasts girls' strength in all its forms

Strong is the New Pretty: A Celebration of Girls Being Themselves is a new book by photographer Kate T. Parker featuring portraits of almost 200 girls from across North America.

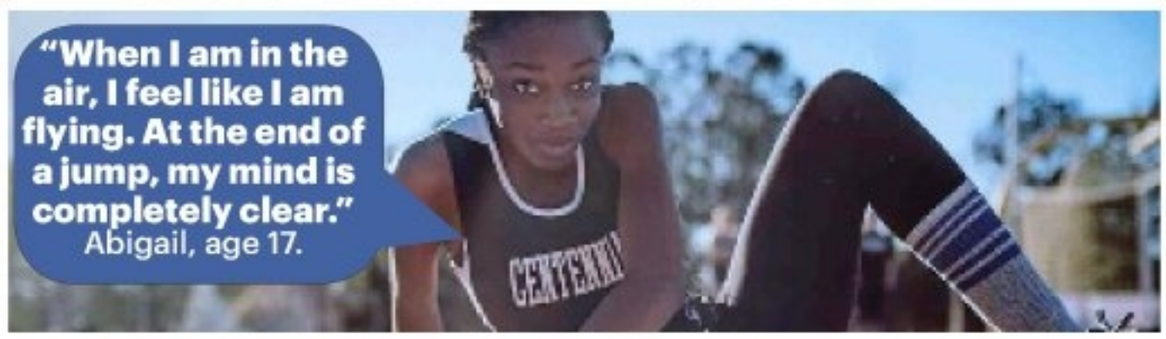
Broken down into nine sections celebrating different forms of strength — confidence, resilience, creativity and fearlessness among them — Parker writes in the introduction that the seed for the book was planted while shooting everyday photos of her two daughters and their friends.

"The more I shot, the more I began to notice that the strongest images, the ones that resonated most with me, were the ones in which girls were being 100-per-cent themselves," Parker writes.

"I wanted to show my girls that beauty isn't about being a certain size, or having your hair done . . . or wearing a fancy outfit. I wanted to combat the messages media sends to women every day. I wanted my girls to know that being themselves is beautiful and that being beautiful is about being strong."

As her project gained momentum online, Parker began travelling across the U.S. to photograph more and more girls, culminating in a collection of diverse portraits of young women with different dreams, passions and stories, but all united by a common theme — they are all, in their own ways, strong. TORSTAR NEWS SERVICE; KATE T. PARKER PHOTOGRAPHY USED WITH PERMISSION BY WORKMAN PUBLISHING

Strong is the New Pretty: A Celebration of Girls Being Themselves is available in Canada from Thomas Allen & Son starting March 7.



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TELEVISION

Myers hopeful for HBO series return

Mike Myers says he's written a dramatic series for HBO that, if greenlit, could serve as his much-anticipated return to TV.

The Toronto-bred funnyman says the show would still include comedic elements, and is one of a slew of projects that will bring him back into the spotlight.

Over the past few years, Myers says he's primarily been working out of his home so he can spend time with three young kids. Now, those projects are getting closer to seeing the light of day.

"It's kind of like being at Sheppard and Victoria Park (in Toronto) where you wait for an hour and five buses come all at once and it's 20 below and you want your dad to come pick you up," Myers says of the ventures, which include his recently released book Canada and the expected big screen thriller Terminal with Margot Robbie.

THE CANADIAN PRESS

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The gender-affirming outlet

IDENTITY

Co-operative's online store offers advice and essentials

Ali Vanderkruyk
Metro | Toronto

For young trans and non-binary individuals seeking gender-affirming products, high price and lack of accessibility are a problem.

"Some of the most marginalized people in society also have the most expensive underwear," says Jack Lamon of the prosthetics, tools, and clothing that play a vital part in gender actualization.

Lamon is a worker-member of Come As You Are, a co-operatively owned sex shop, and GenderGear.ca, a separate online shop providing gender gear for trans folk.

Their anti-capitalist and feminist collective mission is to offer products and services that help people express and experience their sexuality, gender and orientation.

Lamon explains that the majority of the worker-owners at the CAYA sex shop are trans or gender queer: "We have always had a personal and professional interest in gender. But, because kids are coming out as trans at younger and younger ages, it was awkward to provide customer service to parents and service providers."

The sexualized environment of the brick and mortar store (which closed its doors in 2016), did not specifically tend to the needs of people that were interested in confronting their gender dysphoria. The nature of the sex storefront had the potential to bar parents of trans youth and the website, which is an adult website, was firewalled to service providers like Children's Aid and the Toronto Board of Education.

"Sex and gender have nothing to do with each other: your gender does not determine your orientation, or what you may or may not like sexually," Lamon explains.

"People carry the perception that being trans is a sexual thing, but as much as reducing gender dysphoria may help you enjoy your sexuality more, being trans is not sexual identity, it is gender identity."

The CAYA co-op storefront in Toronto closed in 2016, and now runs as a website linked to GenderGear.ca while the collective figures out their next steps.

But the reality is, the website is what kept them alive. More people tend to be comfortable buying gender and sex products online because there is still a lot of apprehension in discussing private needs publicly.

GenderGear does not feel the need to market or promote their products. The gear is already expensive and they do not want to be prescriptive or suggest that people "ought" to do things their way.

"The point was never really to sell products, it was to make sure products were available for people who needed them," says Lamon.

Ella Webber, a customer at CAYA, explains that because of the generous sharing of information within the LGBTQ2S community, many older trans individuals are actually learning from younger people about the range and accessibility of products.

Before Webber's top surgery, they explained how they had "needed multiple binders: tight ones for when you want to look extra flat, and casual wear. Without (access to) them, there are moments that can be so hard when you need something and can't have it."

Asher Faerstein, who has bought six binders to date, confirms that, "for a lot of young trans people who are in precarious financial situations, [the expense] is really inconvenient."

GenderGear provides a binder recycling program that makes used binders available for $5. The website accommodates the necessary service of selling clothing that does not permanently change your body, but enables one to feel slightly more comfortable in their skin.

There is, however, a lot more work to be done in the fight for financially accessible gender-affirming products.

Staff and members of Come As You Are and GenderGear.ca (from left) Noah Kloeze, Meg Saxby, and Jack Lamon. "Some of the most marginalized people in society also have the most expensive underwear," says Lamon. COURTESY COME AS YOU ARE

KEY PRODUCTS

Binder: Flattener of breast tissues in order to create a male-appearing chest. $40-45

Gaff: A device used to secure tucked male genitalia in place to make the area appear female. $18-35

Packer: An object in one's clothes that suggests the presence of a penis. $40-150

TEIGEN OPENS UP ON DEPRESSION

Model reveals battle

Chrissy Teigen has revealed that she has battled postpartum depression since the birth of her daughter last year. The former Sports Illustrated swimsuit model and singer John Legend welcomed a baby girl, Luna, in April.

She writes in a heartfelt essay for Glamour magazine that she has been "unhappy" for much of the last year and discovered she was suffering from postpartum depression in December. Teigen writes that she had difficulty after returning to work as a co-host of Lip Sync Battle. She says she is now taking an antidepressant for the depression and anxiety and is also in therapy.

Teigen says she's opening up now because she wants people to know postpartum depression "can happen to anybody." THE ASSOCIATED PRESS

Watson hits back at critics

Emma Watson has hit back at critics who claimed her recent photoshoot for Vanity Fair betrayed her feminist ideals after posing in a crochet white top that reveals part of her cleavage.

Watson said the furore represented "a fundamental and complete misunderstanding of what feminism is. Feminism is about equality and it's about choice." THE ASSOCIATED PRESS

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Innovative accounting program takes students to the next level

Offers flexibility to learn while working full-time

There are always jobs in accounting, yet many accountants in entry-level positions find themselves stuck in a rut. They lack the education or experience to get the better, higher-paying accounting jobs that employers are looking to fill. Now an innovative program is providing the push needed for career advancement.

The Advanced Certificate in Accounting and Finance (ACAF), offered by the Chartered Professional Accountants of Canada, is a nationally recognized certificate that helps students acquire the job-ready skills that employers demand. As certificate holders, graduates qualify for junior and intermediate-level accounting jobs in a variety of industries including business, not-for-profit and government.

The program allows students to grow professionally and academically, according to Bryan Johnson, a current student of the ACAF program, and a staff accountant at accounting firm KPMG, specializing in audits.

"For me, the ACAF was a doorway to get professional work experience as well as continue my studies," he explains. "My philosophy of learning is to always be in an environment where I am continually being challenged and stretched to my full potential."

ACAF is the most accessible and flexible intermediate accounting certificate program in Canada, allowing students to study at their own pace. For Johnson, who works full-time in addition to his studies, that means studying on evenings and weekends. The courses are all available online, so he can complete them from home, on his own schedule.

"The flexibility is what makes this program possible for me," says Johnson.

Students who have accounting education from another educational institution can apply it toward their ACAF certificate.

The ability to transfer credits easily is helping Johnson work toward his certification as efficiently as possible.

"I had courses that transferred from my diploma at Camosun College, and I can take online courses that fit my busy schedule," he explains.

The ACAF program's elective modules allow students to choose areas to specialize in, including taxation, audit, not-for-profit or public sector. Throughout the program, students build their technical accounting skills, experience with industry specific accounting software, and essential skills including communications, problem-solving, teamwork and ethics.

Students leave the program as technically proficient, mid-tier accountants, with honed abilities and experience in the field that interests them most, so they're ready to hit the ground running.

Bryan Johnson, current student of the ACAF program. CONTRIBUTED

"I would recommend the ACAF program for anyone that is interested in jump-starting their career while developing their technical skills," Johnson says.

Visit bccpa.ca/acaf to learn more.

CONTINUING EDUCATION

PICKING UP THE SLACK FOR A FELLOW STUDENT

It's a scenario that presents itself to almost every post-secondary student: a group project featuring one member who isn't pulling their weight. So is there a way to approach this discouraging dilemma without having to pull the professor immediately into the fray?

Stephanie Koonar, instructor at the Langara School of Management, advises that the very first thing to do in this circumstance is to find out what's happening, and to find that out from the source.

"Life does get in the way and we want to be supportive of each other," says Koonar. "Doing this mimics progressive discipline in the workforce. Employers have to show that they've given the employee chances to explain themselves."

"In many cases it is an unexpected circumstance or personal issue behind the lack of effort," adds Jon Olinski, professor at Seneca's School of Legal and Public Administration. "It is surprising how often this first step is skipped and how often a resolution can be found after having a short dialogue."

As a preemptive measure to avoid any confusion, Lara Loze, professor of business fundamentals at Durham College, encourages students to set out a team contract from the very beginning.

"This makes it all very clear and transparent and allows everyone to hold each other accountable, says Loze.

The agreement, she adds, should not only state clearly what tasks every member is taking on, but also contain deadlines and state overarching objectives.

"The group should discuss what kind of marks they want, how much time they're willing to devote to finishing the project, as well as who's going to do what and when."

"How are we going to communicate with each other? Are we going to text, email? Eliminate any future confusion."

Olinski says that it's important for a frustrated student to remind him or herself that the ups and downs faced during teamwork are all part of a deliberate learning experience set out in the school's curriculum, so managing the situation professionally is bound to bode well when the final grades come in.

"Group projects are assigned at the post-secondary level to not only test understanding of the course material but also for the purpose of placing the students in team environments for experience in dealing with group dynamics," says Olinski.

"One of employers' favourite interview questions is related to effectively working in a team, so these more difficult situations provide good stories to recount in job interviews expanding their transferable skills and displaying project management and leadership in difficult situations."

ISTOCK

"Most of the time in the workforce, you don't get to pick your team, adds Stephanie Koonar. "So having a not-so-perfect group partner now, it's actually a great way to learn."

UPDATE YOUR SKILLS FOR A CUTTING EDGE FASHION CAREER

In France, Emilie Rastoll was trained as a traditional hand-pattern maker. While she worked in various environments, it was only when Rastoll was hired as a pattern engineer by Lululemon Athletica that she needed to update her skills to include digital pattern making. She turned to The Cutting Room.

"I started from zero and now it's my everyday tool," she says of the pattern making software called Gerber Accumark, which is covered during the Cutting Room's eight-week beginner Gerber course. "It's a big jump to start at nothing and arrive at this place. I made progress very fast thanks to my class, which was small in size and offered a lot of one-on-one with the instructor."

Liza Deyrmenjian, a fashion industry veteran with more than 25 years of apparel design and production experience, founded the Cutting Room. Located in Vancouver, it is a one-stop shop for ideation, design, pattern-making, sourcing, sampling and production that also offers a range of interactive classes.

IT'S A BIG JUMP TO START AT NOTHING AND ARRIVE AT THIS PLACE.

– Emilie Rastoll, Lululemon Athletica

ISTOCK

"The best way to understand something is by actually practicing it and that's exactly what happens in the Cutting Room's classes," says Rastoll, who also took other courses and is now planning to attend the intermediate level of the Gerber class. "There are no boring lessons. We completed a range of projects and it was really hands-on."

To learn more about the Gerber course and the Cutting Room's other offerings, visit the-cuttingroom.com.

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DIGITAL DETECTIVES LEARN TO DEFEAT CYBER THREATS

Thoughts of computer hackers usually conjure up images of sinister activity. But at New York Institute of Technology's (NYIT) Vancouver campus, hacking — in an isolated computer lab — is an important part of teaching master of science in information, network, and computer security students what they need to know for career success.

"In our intrusion detection and hacker exploits course, students are split into two groups for this activity," says associate professor Ahmed Awad. "They work in a specially built lab that simulates and implements a complete network environment. Some work on computers equipped with hacking tools and some work on what we call 'vulnerable computers' to prevent the attacks.

"So, on the one side, students get to study the behaviour of the attacker by hacking and on the other side, they learn to choose the right tools to effectively detect and prevent all kinds of attacks. Then they switch roles."

The experience is just one of the many hands-on activities students complete in the only master's level degree program in cyber security available in Western Canada. That's because, says Awad, the program, which covers everything from introductory topics to advanced areas such as computer forensics, was designed with interactivity in mind.

...THEY LEARN TO CHOOSE THE RIGHT TOOLS TO EFFECTIVELY DETECT AND PREVENT ALL KINDS OF ATTACKS.

– Ahmed Awad, associate professor

"Our program's advisory board is full of professionals who help us ensure the courses fulfill workforce needs so students are employable," he says. "All of our courses cover theory, of course, but there is a huge emphasis on projects and activities and assignments."

Another vital practical component is a project during which students choose their own approach: research paper, hands-on (building an application or practice implementing a solution for a specific attack) or community (partnering with a company to help the company solve a problem). Considered a capstone project, it can lead to various opportunities, says Awad.

CONTRIBUTED

"Recently, alumni who did a research paper for this course submitted it when there was a call for papers during the Cyber Security Week we host at NYIT and ended up having it published in a book called Information Security Practices: Emerging Threats and Perspectives, for which I was one of the editors," says Awad.

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LEARNING CURVE

For the love of the library

ISTOCK

Ever since the first academic institutes were erected, the library has stood as the central station of information for students. But in the digital age, when many post-secondary pupils are quick to turn to their computers for quotes and content, this once-noble tower of knowledge is lagging in popularity.

So should the students of today who fixate on their screens for scholastic success reconsider the benefits of their campus library?

"Academic libraries pay millions of dollars a year for access to specialized collections to support the work of the university," says Julie Mitchell, assistant director of the Irving K. Barber Learning Centre at the University of British Columbia. "If it was freely available online, we wouldn't be paying for it. We subscribe to the most current research and curate resources that we know students need for their courses"

And hidden amongst all that research, there are hidden gems offered by a library that can provide an unmatchable and even transformative experience for students.

"We live in an electronic world, but there is nothing like the hands-on experience of interacting with materials from the 13th and 15th century," says Mitchell, referencing the unique collections housed in the UBC library, as well as those shelved in other academic libraries in Canada. "Smelling parchment, seeing holes in animal skins — there is nothing like that in the digital world."

"Libraries curate information in a way that the open web simply can't," adds Annie Bélanger, associate university librarian at the University of Waterloo. "You can search in Google but not know how to use information. That's where libraries can be very powerful."

Bélanger says that students often forget that librarians are specially trained in helping them hone research questions, there to help them not only to find the information they need but to evaluate it, transferring that information into knowledge.

"A librarian specializing in Health Sciences, for example, can help a student of this subject recognize if the author of the scholarly article they're reading is trustworthy, do they have authority in their discipline?"

"Many students see librarians as just a pair of glasses and a bun, adds Julie Mitchell.

"But librarians are experts at navigating and accessing information and can support students in the process."

Aside from its benefit as a meeting place for students, faculty, staff and researchers to explore ideas, Mandissa Arlain, communications librarian at Ryerson University points to all the things that can be accessed in campus libraries for free, that many students aren't even aware of.

"We offer quiet study spaces, including bookable group study rooms. We have laptops, camera kits, tripods, GoPro and an Oculus Rift for loan," says Arlain of Ryerson's available materials. "We also offer workshops that range from navigating research databases to 3D printing, augmented reality, 3D animation and more."

Bélanger says that at Waterloo, colouring books are available for students needing a study break, and recalls an initiative run by an undergraduate student group where apples were handed out to students to provide them a brief respite from their books.

"Libraries still form an important part of the community experience in post-secondary school," adds Bélanger. "They can offer an opportunity to let off some steam — with access to leisure reading, a quiet nook in the corner or even via a quick snack during study time."

–LIZ BEDDALL

CHANGING HIS LIFE AND THE LIVES OF OTHERS

Homelessness in British Columbia has been rapidly accelerating over the past decade. In response to a growing need for qualified mental health and addiction support workers, Stenberg College collaborated with a number of the leading social service agencies in Metro Vancouver to develop the Community Mental Health & Addictions Worker (CMHAW) diploma program in 2011.

Over the last six years, Stenberg's 60-week CMHAW program has graduated more than 100 Mental Health Workers and more than 95 per cent of those graduates were employed in the mental health and addictions field within six months of program completion.

Remarkably, more than half of those graduates come from "lived experience," having experienced mental health or addiction issues of their own at some point. Troy Balderson is one of these graduates.

Troy is a 2013 graduate who transitioned from a life of addiction to a career built on helping others. A former opioid addict, Troy got sober in 2010. After completing a treatment program at a recovery house, Troy discovered his own passion for helping others, and decided to return to school to complete a diploma that would allow him to realize that passion.

After only six months at Stenberg, Troy was hired by Lookout Emergency Aid Society, where he now works as a shelter supervisor, a position where he is able to play a positive role in so many different people's lives.

"The best part about my job is being able to work with clients and see them change their lives. Seeing someone come from living on the streets for 10 years, and helping them find housing, that transformation is amazing.

"As a former addict, I am a strong believer that we are a product of our environments, so in order to affect positive change, you have to surround yourself with positive people. I can honestly say there was not one person I met at Stenberg that wasn't completely invested in my success. I think that if you want to succeed even half as much as the instructors and staff want you to, you're going to accomplish great things."

CONTRIBUTED

If you're looking for a rewarding career where you can make a difference in the lives of people struggling with mental health and addictions issues, consider a career as a Community Mental Health & Addictions Worker.

BE THE CHANGE.

Learn how to support people with mental health, housing & addiction issues

Community Mental Health and Addictions Workers assist individuals with mental health, housing and addiction challenges by encouraging and supporting them in their daily lives. Community Mental Health & Addictions Workers work in shelters, transitional housing, single residential occupancy hotels, supportive permanent housing, outreach programs, life skills services, recreation and wellness programs, food programs, health services, and recovery and treatment facilities.
Wages: $18+ / hour.

You may be eligible for government-funded training programs and/or government student loans, grants & bursaries.

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Free online program helping protected residents learn French

ISTOCK

Permanent residents and protected people who want to integrate into Canadian society by learning the French language can do so at their convenience thanks to a free online program, CLIC en ligne.

"Learning the language is one of the most important things to do when you immigrate to a new country," says Fabienne Labatut, the project lead of the program, which is the online version of the French-language program, cours de langue pour les immigrants au Canada (CLIC). "Our training focuses on learning language related to housing, banking, citizenship and how to get a job, to name just a few, through reading, writing, listening and speaking."

CLIC, which is funded by Immigration, Refugees and Citizenship Canada and, since 2014, run by La Cité Collégiale, is offered at various levels.

Students complete each level through a combination of group and independent learning, and have access to their instructor as well as CLIC's administrative team.

The program has gone from having four participants when it launched to more than 200 in six provinces, says Labatut. This year, it will expand across Canada.

"Our program will be a great opportunity for people in regions or provinces when there is very little French language training offered," says Labatut. "We have seen a lot of province mobility for immigrants and knowing both official languages has proven an asset in job hunting."

To learn more, visit clicenligne.ca.

START NOW TO GET AN IN-DEMAND CAREER AS AN ELECTRICIAN

ISTOCK

If there's one profession that's in demand right now in B.C., it's electricians. Not only is the skill set in demand, but the median wage for an electrician in B.C. is $27 per hour, according to jobbank.gc.ca.

If you're looking for a hands-on job where you can work with others, consider pursuing this rewarding career.

Now for a limited time new students in electrician training can get a jump-start on their career with a $1,500 scholarship at Vancouver Career College. All students who enroll in the college's Construction Electrician Foundation program in Burnaby by March 31, 2017 will receive the scholarship.

The job is an interesting and challenging one. As an electrician, you'll apply the principles of math and physics to your work, as well as your in-depth knowledge of electrical code and safety practices and regulations. At the same time, you'll also apply specialized skills with hand tools and power tools, circuit construction and more.

The Construction Electrician Foundation program at Vancouver Career College includes hands-on, lab-based learning as well as theoretical training. Students put their training into practice with an on-the-job practicum placement.

After students graduate, they have the option of upgrading their skills with Vancouver Career College's Construction Electrician Level 2 program, which can help open up even more career opportunities.

Find out more about the program at Vancouver Career College online at burnabycef.vccollege.ca, or by phone at 1-800-993-4086.

A fashionable career in health care technology

Today's aging and screen-centred population is increasing Canada's need for skilled professionals in the eye care field.

If you have experience in retail sales or customer service combined with an interest in fashion or technology, becoming a licensed optician is an ideal career choice.

Licensed opticians are an integral member of the eye-care team who design, produce and fit eyeglasses, contact lenses and specialized products for their clients.

Stenberg College's Optician Diploma program provides training in eyeglass, contact lens fitting and automated refraction and prepares students to successfully complete the national licensing exam.

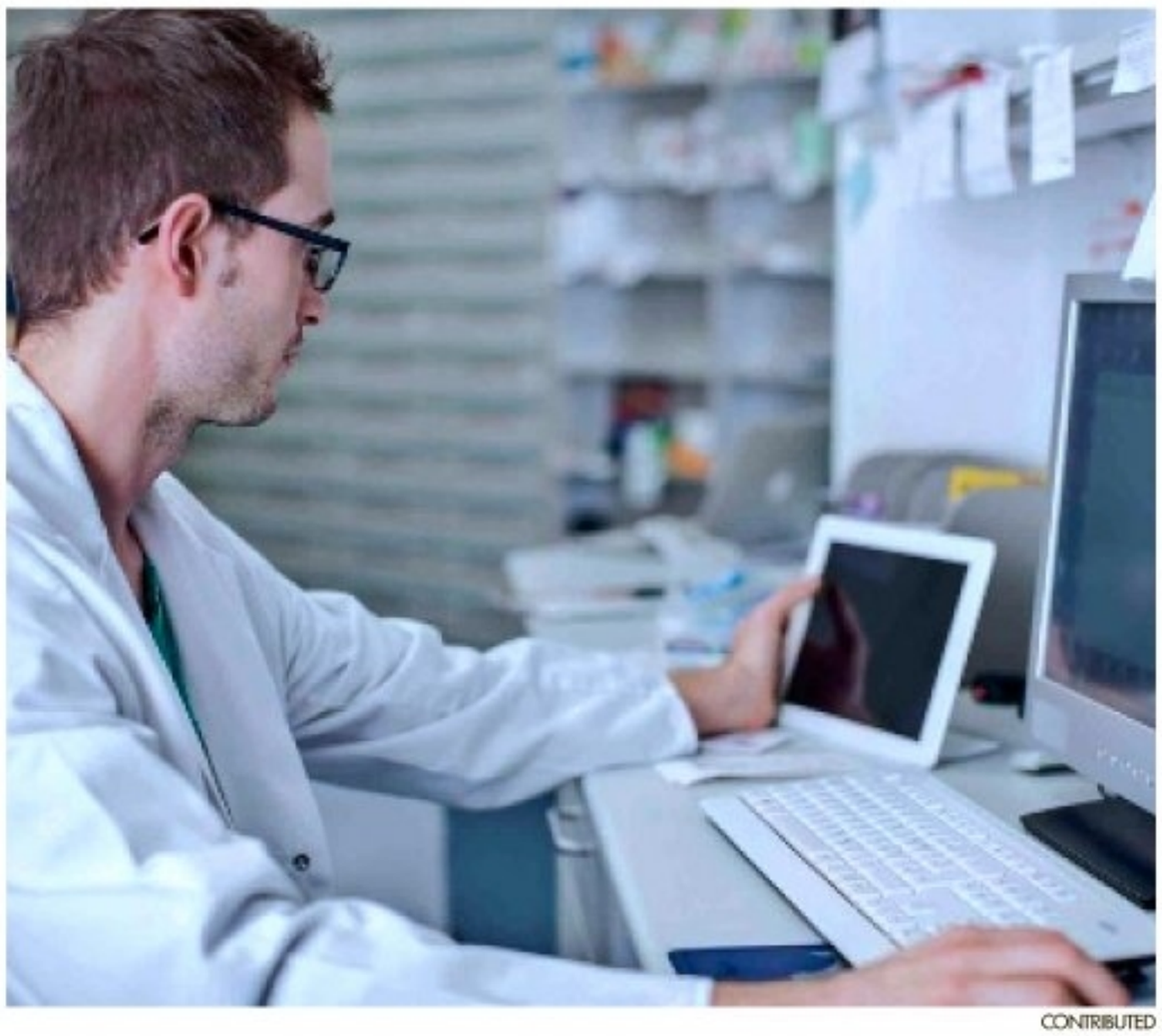
Stenberg College's 55-week program is accredited by National Association of Canadian Optician Regulators (NACOR), and was developed in collaboration with industry to meet their needs. Because the program is taught by industry experts, Stenberg's graduates are well prepared for a successful career.

"I learned more than I expected as our instructors always shared their knowledge and experience in the field," says Steven Shi, a recent Stenberg optician program grad. "After finishing the program, I am able to serve customers in a professional manner and help them with their vision needs. I also received a raise and, since our store is expanding, I was promoted to the position of associate manager."

This type of success is common: over 92 per cent of Stenberg graduates find employment in their field of study within six months of course completion.

Many students find work during their practicum placements, as was the case for Anthony Generoso, another recent graduate.

"I was hired full-time by IRIS right after I completed my program. I believe all the knowledge and skills I learned in school helped me land a full-time job with a well-established company. All my hard work in the program and my studies paid-off, so I thank Stenberg College for offering an amazing program with great instructors and support."



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If you are customer focused, organized, enthusiastic, and want to work as part of a health care team, consider a career as a licensed optician.

You are invited to an **INFORMATION SESSION**

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OPTICIAN
Diploma Program

Do you have retail/customer service experience? An eye for fashion?

Opticians are an integral member of the eye-care team who design, produce and fit eyeglasses, contact lenses and specialized products for their clients. Our program provides training in eyeglass, contact lens fitting and automated refraction. **This program prepares students to successfully complete the national licensing exam.** Average wage for an optician is $21+/hour with the potential to earn more than $85,000/year. **Accredited by the National Association of Canadian Optician Regulators (NACOR).**

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START YOUR SUMMER JOB SEARCH NOW

Sure it's only March, but for students thinking of nabbing their first summer job, experts agree this is the optimal time to start thinking about a plan of action and refining their professional profiles.

"Waiting may result in lost opportunity," says Stephanie Harper, associate director of career education at Brock University. "Summer jobs for post-secondary students often start in May which means many employers begin posting their summer jobs in January and February and often complete their recruitment process by late March and early April."

So where should a job-hungry student start?

"They should begin by reflecting on what their preferred working environment might be — is it indoors or outdoors, what products are offered, what type of working culture," says Fredy Mejia, career and student success advisor at Humber College. "Summer jobs are in high demand by students from all ages and well-diversified communities; consider who your competitors are and prepare to stand out," Mejia adds. "Be mindful of how social media can play a vital role in reaching out to employers and marketing who you truly are in the context of your career."

"You want to have a good LinkedIn profile," adds Sue Kersey, manager of career development and career services at the University Calgary. "They might be very interested to find out more about you."

When it comes to increasing your hiring potential, Kersey also says students shouldn't hesitate to ask little help from their pals.

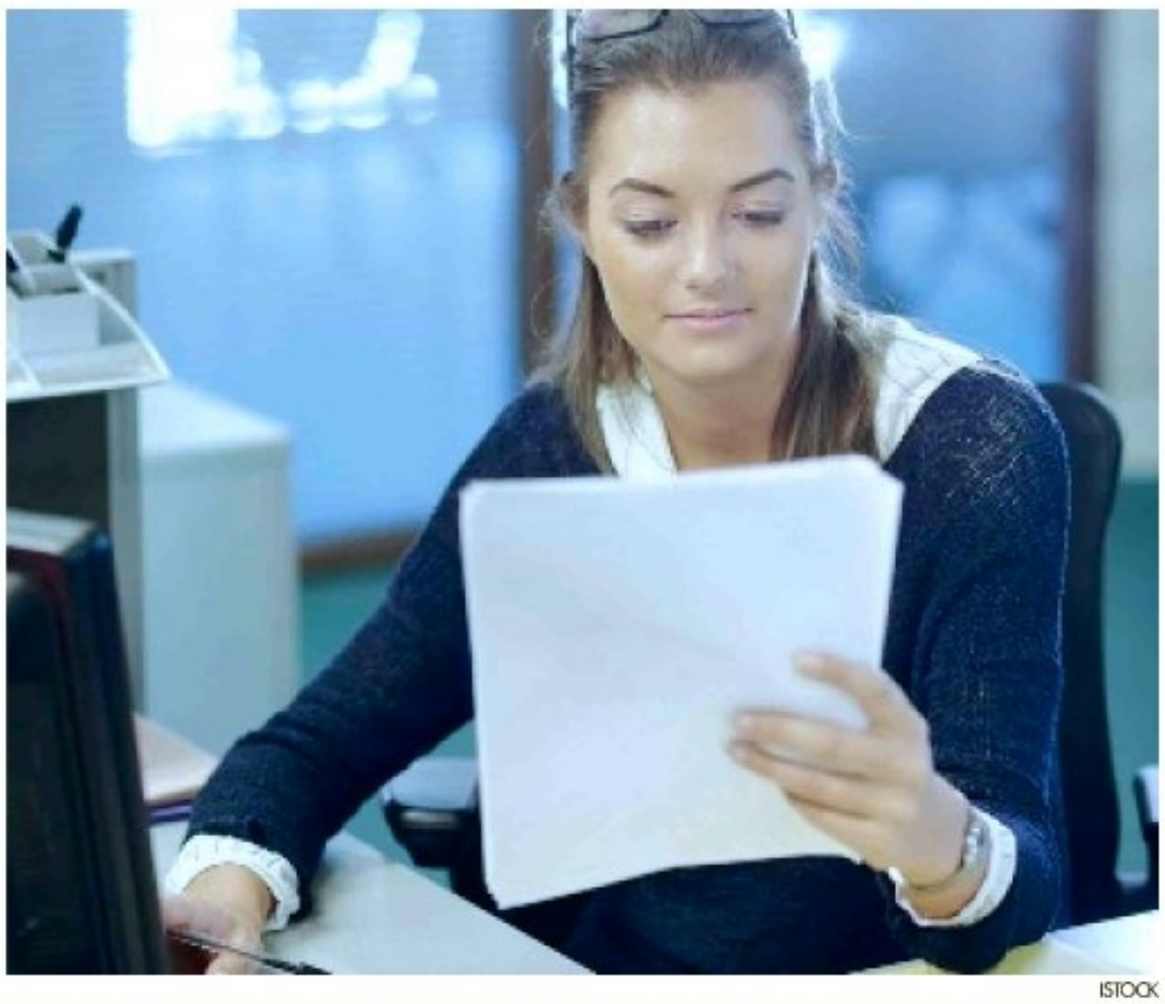
"You can get a really good entry-level positions through friends, family or professional associations," suggests Kersey. "Tell people what you're looking for and what you're wanting."

"Take the initiative to go out and talk to employers you are interested in working for," she says. "Ask them what their needs are for the summer, when are they hiring, what it would be like to work there. Show genuine interest."

University hiring fairs are also a way to seek out great summer positions, says Stephanie Harper, along with other on-campus initiatives aimed at placing students in professional roles.

"Employers are becoming more proactive, more engaged and more strategic in their efforts to both create and fill summer job opportunities within their organizations," says Harper. "As a result, they are working more closely with universities to both promote their opportunities and identify a pipeline of student talent."

–LIZ BEDDALL



ISTOCK

LONGING FOR THE BEACH BUT STUCK WITH THE BOOKS

There was a time, not so long ago, when March for you meant seaside resorts, sitting on the couch and indulging in general inactivity. It was a month that inevitably brought with in a week-long break. But now as a post-secondary student, that block of relaxation has been relocated, leaving you with only a pile of books, a fresh blanket of snow and dreams of days at the beach.

"Taking off for a mid-March vacation may not be realistic for many post-secondary students," says Haley Doherty, student success advisor at Lakehead University. "But there are ways to seek some well-deserved rest and relaxation without hopping on a plane."

"'Staycations' have become increasingly popular and can really resonate with students," says Doherty, adding that although many students relocate for their studies, they often spend most of their time on campus and neglect to truly experience the cities of where they've chosen to study. "Spending time off-campus and exploring the surrounding areas allows students to connect with the greater community and enhance their student experience."

ISTOCK

Doherty reminds that going on vacation doesn't necessarily mean going somewhere exotic. Alternatively, the relaxation of mind found on a trip away can be acquired by taking the time to mentally disconnect from a daily routine.

"Play tourist for the day, spend time outdoors, catch up with friends, read for fun or host a potluck," Doherty suggests.

"Any kind of physical activity can help to feel you're taking a break," says Dr. David Mensink, registered psychologist at Dalhousie University. "Paying a team sport, going to the gym or going swimming… And remember that you don't have to go to the Bahamas to go swimming. I go to the pool across the street."

Dr. Mensink reminds that much like our bodies needs rest, so do our minds.

"It's very important to distract ourselves from the importance of everyday life," he says. "Remember that we sleep, and when we do it's typically for six to nine hours. All the facilities that you've been using in your waking hours need to rest and relax and refurbish. And so does your brain with respect to cognitive functioning."

–LIZ BEDDALL

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'AN ABORIGINAL LENS INTO THE RIGOROUS CURRICULUM'

To prepare students for employability success, Native Education College's (NEC), health care assistant (HCA) certificate program takes a holistic approach that includes a First Nations perspective.

"We have embedded an Aboriginal lens into the rigorous curriculum, which follows the Provincial Health Care Assistant Program Curriculum with the same learning outcomes offered at public colleges in B.C.," says Pooran Qasimi, NEC's health sciences program manager. "We invite elders from the community to speak, we have medicine and cultural workshops, and students learn about who they are as First Nations and how to identify with others' cultures as well."

While the 10-month program, which equips students with the knowledge and skills to function as HCAs in both private and public settings, is geared toward Aboriginal learners, Qasimi insists NEC has an open door policy that is inclusive of all learners.

"While preference is given to First Nations, it's open to anyone who wants to make a change in people's lives because as an HCA you become an important part of a health care team and you are a nurse's eyes and ears because you spend so much time with clients," she says. "It's also a flexible entryway into other areas of health care, with students eventually returning to school to upgrade their skills or move into programs such as nursing."

NEC'S HCA students spend the first six months of the program undergoing training that includes a balance between theory and lab work in an environment that Qasimi says fosters a close-knit community.

They are evaluated every step of the way and must maintain a 65 per cent average to participate in program's three field placement opportunities during its last 4 months.

The first placement is at a complex care residential facility, the second is in a community setting and during the last field placement, each student shadows an HCA at a complex care residential facility.

"We are always trying to get our students into the best facilities," says Qasimi, "and many of them get hired after practicum because employers notice the way they present themselves and give care in compassionate and holistic manner."

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START YOUR EDUCATIONAL PATH
at NATIVE EDUCATION COLLEGE

WHY CHOOSE NEC?

• Elder-in-residence • Cultural activities • Peer mentoring • Small class sizes

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Native Education College
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A career in dental health care is closer than you think

Healthy gums and teeth are a cornerstone of your health — and dental professionals help protect that.

If you're looking for a career in health care where you can make a real difference in the everyday lives of patients, working in a dental office may be for you.

There are several jobs available in the industry, depending on your interests.

If you're a dental assistant you'll play an important role preparing patients for treatment, assisting your dentist, processing radiographs, performing infection control, maintaining patient records, and more.

If you're organized and enjoy working with the public, and you also have an interest in working in health care administration, the job of a dental receptionist may be for you.

Or perhaps you're interested in specializing in the dental office environment by learning how to fabricate dentures as a denturist, or managing dental radiography. This career path has a median wage of $85,000 a year, and you'll benefit from $5,000 lower tuition if you apply and enroll at CDI College before June 30, 2017.

All these jobs are in demand and available to you with the right education.

ISTOCK

The dental programs at CDI College offer up-to-the-moment education taught by industry professionals. They'll help you specialize in the field and develop your skills, equipping you to find a job in the field as soon as you graduate.

And once you have one certification, there's always room to continue your training at CDI College if you want to boost your skill set.

For more information, visit CDI College online at dental.cdicollege.ca, or call 1-800-360-7186.

CONTRIBUTED

Spring break French classes for kids and teens

With Spring Break around the corner, now is the time to consider using the opportunity to help your child or teenager advance his or her French skills, says the education manager of Vancouver's biggest French language school.

"Our Spring Break classes are intensive beginner classes," says Valentin Morin of Alliance Francaise de Vancouver. "If your child is having a hard time learning the language in school, this is a great option."

Spring Break beginner courses are offered to three age groups: five to seven, eight to ten and 11 and up. In-class activities vary depending on the student's age but always focus on communication through an interactive format, says Morin.

"We take a complete communication approach rather than, for example, teaching just a set of vocab," he says. "Students learn through immersive methods."

Over Spring Break, Alliance Francaise also offers Diplôme d'Études en Langue Française (DELF) exam preparation classes for teens. DELF is a diploma awarded by the French National Ministry of Education to certify the competency of candidates from outside of France in the French language.

"DELF is recognized all over the world," says Morin. "The course is taught by official examiners of the test so students are learning the best tips for success."

Throughout the year, Alliance Francaise de Vancouver facilitates standard group, conversation and intensive classes, private tutoring and online courses for adults, and group classes for kids.

For more, visit alliancefrancaise.ca.

metro SPORTS

The Iditarod started a day late Monday to give mushers time to drive their dogs 360 miles north to the colder, snowier climes of Fairbanks, Alaska

MLB teams fearing injury a tournament tradition

WORLD BASEBALL CLASSIC

Many players enter without full spring preparation

Honking horns, pulsing percussion and chanting crowds will transform Marlins Park into a Caribbean-style carnival this week for the World Baseball Classic.

To major-league teams, it sounds dangerous.

WBC games are sure to inspire maximum effort by players eager to win for their country, which is exactly what worries their big-league bosses. While spectators in the stands literally beat the drum on behalf of the international tournament, Major League Baseball managers and executives are less than thrilled about their players' participation.

"You're risking injury," Nationals manager Dusty Baker said.

"I think most coaches and managers rather not have guys go," Blue Jays manager John Gibbons said, "but it has been good for baseball."

The WBC, which began Monday in South Korea, draws big, noisy crowds, and players rave about the atmosphere. But less than a month into spring training, the tournament has them going all-out with the MLB season still weeks away.

Thus the fear of injury, a concern that has become as much a part of the quadrennial tournament as flag-waving.

"Going full speed, full bore, full game competition, third-deck fans screaming — baseball generally isn't played that way this time of year for us," Astros manager A.J. Hinch said.

> **You're asking them to amp it up a little earlier than they normally would. And that can be dangerous.**
> U.S. manager Jim Leyland

Dodgers shortstop Hanley Ramirez needed thumb surgery after getting hurt in the 2013 final, and it's difficult to gauge the toll participation takes later in the season. Edinson Volquez, Jake Peavy, Daisuke Matsuzaka, and Scot Shields were among almost two dozen WBC pitchers hampered by injuries in the months after the 2009 tournament.

Some players, including Blue Jays right-hander Marcus Stroman and Yankees reliever Delin Betances, said they began working out earlier than usual this winter because they knew their spring training preparation would be brief.

"You don't have that many games until the WBC," Betances said, "but I feel like the adrenaline will kick in there and I'll be ready."

Teams worry that even if a player returns to their spring training camp healthy, the effects of taking part in the WBC might show up later.

Measuring that impact can be difficult, even in a sport full of statistics.

"What we don't know is the cumulative effect of getting ramped up, from a pitching perspective or from a position player perspective, and how that carries over into maybe the third or fourth or fifth month of the season," Hinch said. "I'm not sure we're ever going to know."

THE ASSOCIATED PRESS

ISRAEL TAKES OPENING GAME IN EXTRAS Israel catcher Ryan Lavarnway tags out Jaewon Oh of South Korea on Monday in Seoul, South Korea. Scott Burcham's run-scoring infield single in the 10th inning led Israel to a 2-1 upset victory. CHUNG SUNG-JUN/GETTY IMAGES

CURLING

Legend returns to Brier as a coach

You can excuse curling fans for doing a double-take at the Tim Hortons Brier.

Legendary skip Kevin Martin is sporting familiar Alberta colours at the national men's curling championship this week in St. John's, N.L. The 2010 Olympic champion is back at the Brier to coach his son Karrick and the provincial team skipped by Brendan Bottcher.

Kevin Martin THE CANADIAN PRESS

Instead of standing at the end of the sheet and throwing last stones, the former skip — who retired in 2014 — watches the action from his seat on the back bench.

"I hadn't been back to a Brier in any way since I retired," Martin said Monday. "To have the opportunity, you know coaching my son is a big deal ... it's neat. It's good to get back into it."

Martin, who has stayed involved in the game with his curling broadcasting work, started coaching Bottcher's rink before the provincial playdowns and helped them earn their first Brier berth.

"He's been working with us quite a bit technically and tactically trying to get a few small tweaks here and there," Bottcher said. "I think the biggest thing he brings though is just the experience factor.

"He's the solid ground to come back to."

Bottcher's team lost to local favourite Brad Gushue in the round-robin opener Saturday before dropping two more games Sunday. Bottcher finally got into the win column Monday afternoon with a 7-2 victory over New Brunswick's Mike Kennedy.

Manitoba's Mike McEwen remained unbeaten at 4-0 after a 10-6 victory over Bottcher on Monday evening.

THE CANADIAN PRESS

PREMIER LEAGUE

Chelsea extends its lead to 10 points

West Ham United's Andy Carroll, left, and Chelsea's David Luiz vie for the ball on Monday in London.
ADRIAN DENNIS/AFP/GETTY IMAGES

Chelsea took a confident step closer to the Premier League title with goals from Eden Hazard and Diego Costa, enough to sweep aside London rivals West Ham 2-1 Monday.

The result lifts Chelsea 10 points clear of second-placed Tottenham, with 11 games left.

Manuel Lanzini notched West Ham's consolation goal in second-half injury time.

Manchester City is third, a point behind Spurs, but with a game in hand. THE ASSOCIATED PRESS

IN BRIEF

Bogut's Cavs debut ends abruptly with broken leg

Andrew Bogut didn't make it through one minute of his debut with the Cavaliers.

The team's new centre reportedly fractured his left tibia in the second quarter of Monday night's 106-98 loss to Miami and had to be assisted off the floor and to Cleveland's locker-room. The 32-year-old sustained the injury at the 11:38 mark of the second, just moments after he checked in for the first time.

THE ASSOCIATED PRESS

NHL

Stars continue to rule over Capitals

As dominant as the Washington Capitals have been at home this season, they haven't been able to figure out the Dallas Stars for years.

That puzzling trend continued Monday night as the Stars beat the NHL-leading Capitals 4-2 to extend their point streak in the series to 12 games.

Dallas snapped Washington's home winning streak at 15 and point streak at 17, winning in D.C. for the sixth consecutive visit to move within seven points of a playoff spot.

The Stars are 10-0-2 against the Capitals dating to their previous regulation loss to them on Nov. 30, 2006.

THE ASSOCIATED PRESS

MONDAY In Washington

STARS	CAPITALS
4	2

4

The number of times Kevin Martin has won the Brier.

MAKE IT TONIGHT

Cheesy Pesto Pizza with Ricotta and Sundried Tomatoes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Your craving for cheesy pizza and getting your greens can live happily together.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 2 cloves garlic, quartered
- 2 cups baby spinach
- 1 cup basil leaves
- 1/2 cup finely grated Parmesan
- 1/2 cup olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 large store bought flatbread
- 1 Tbsp olive oil
- 1 cup ricotta cheese
- 1/2 cup shaved Asiago cheese
- 1/4 cup chopped sun-dried tomatoes
- Chopped basil for garnish

Directions

1. Preheat the oven to 375 C. Prepare a baking sheet with parchment paper.

2. In a food processor, mince garlic, then add the spinach, basil, Parmesan, oil and salt and pepper. Purée until smooth, scraping down the sides of the bowl as necessary.

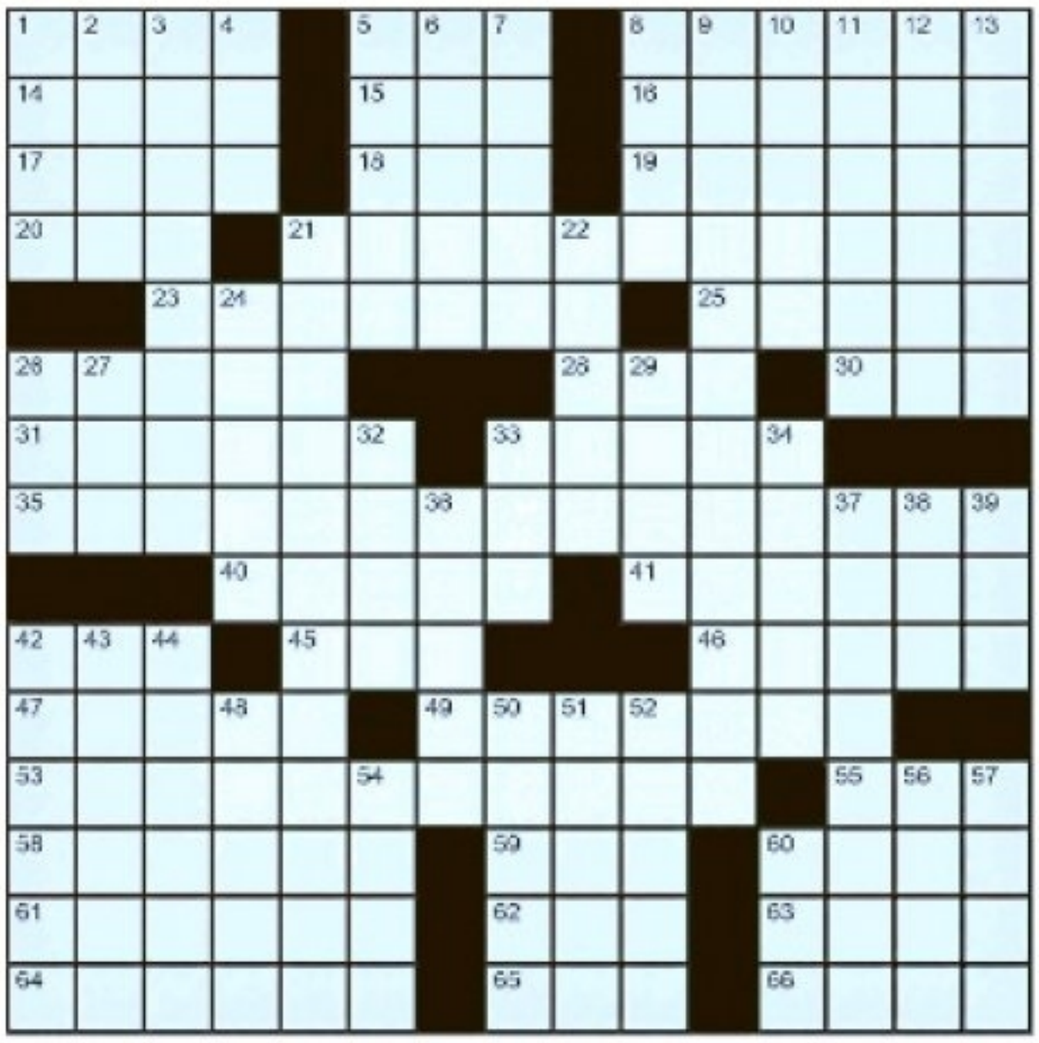
3. Lay the flatbread out onto the prepared baking sheet. Sprinkle with a bit of olive oil. Spread the pesto across the top of the flatbread leaving a 1/2-inch border around the edges. Drop heaping tablespoons of the ricotta onto the pesto. Sprinkle with Asiago and sun-dried tomatoes

4. Bake for 8 to 10 minutes, or until the edges of the crust are golden brown and cheese is melted. Remove from oven and sprinkle with chopped basil.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Colosseum cloak
5. Dining room feature, for short
8. Meteorite _ site
14. Street
15. At-sea affirmation
16. Ms. Mason of "The Goodbye Girl" (1977)
17. Poet Mr. Pound
18. Tiny tallness
19. Lord's Prayer part: "..._ _ _ in heaven."
20. Nourished
21. Desired results of using hair rollers: 2 wds.
23. "That camouflage isn't working!": 3 wds.
25. Make _ _ (Do store business)
26. "This _ _ Love Song" by Bon Jovi
28. Driveway topping
30. Initials-sharers of Naomi Watts's ex-beau who is an actor
31. _ _ of spades
33. Important exam
35. 'Sparkling' tavern item: 2 wds.
40. Nose-in-the-air folks
41. Buffalo's hockey players
42. UK honour [acronym]
45. Extremist org. in 1974 headlines
46. "Hud" (1963) Oscar-winner Patricia, and surnamesakes
47. "_ _ Me" by John Legend
49. In particular
53. Air-circulators-with-paddles: 2 wds.
55. Certain conifer
58. Eagles drummer/singer Don
59. Prefix to 'light'
60. Ballet skirt
61. Star: French
62. 'Abbey Road' tune: "The _"
63. "_ fair in love..."
64. Does an office task
65. Hillary Clinton was a Sen. here
66. Tropical vacation spot

DOWN
1. Not kosher
2. Bleed bit by bit
3. Toronto's _ Expressway
4. Halifax's famous madam Ms. McCallum (b.1909 - d.1986)
5. Chevrolet SUV model
6. "Snatch" (2000) directed _ _ Ritchie
7. "..._ _ man put asunder."
8. "If _ _ be so bold as to..."
9. They're used to help make lashes look lusher: 2 wds.
10. Toyota hybrid car
11. Stellar
12. Freezes the food
13. Cups, in Quebec City
21. _ Historic House (Attraction in Charlottetown, PEI); or, Montreal suburb
22. "Soul Meets Body" by Death Cab For _
24. Wild guesses
26. Flight tower serv.
27. Smashing Pumpkins co-founder James
29. Conjunctions
32. Organic compound
33. Alberta's McMurray, et al.
34. Record _
36. Do _ _ up job
37. Piled-up-with-food carriers
38. Conger _
39. Web feed syst. for updates
42. Stockpiles
43. "Baywatch" actress Yasmine
44. "Sense and Sensibility" (1995) sister
48. "Kukla, Fran and _"
50. Frequently
51. Like the hue of a lion's coat
52. British novelist Ms. Bagnold's
54. 'The Science Guy' Bill, and surnamesakes
56. "_ have to do."
57. Ploy
60. Mai _ (Cocktail)

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with family members today to avoid squabbles and arguments. (This is not a good way to start your day — or anyone else's.) Be chill.

Taurus April 21 - May 21
If you can get past some tension this morning, the rest of the day will be quiet and comforting. In fact, you will want to cocoon at home if you can.

Gemini May 22 - June 21
Money disputes or an argument about something you own might occur this morning. Try to move past it so that you can enjoy a busy day full of errands and fun.

Cancer June 22 - July 23
People are touchy this morning. Give them a wide berth. Later in the day, you will be focused on money and cash flow. Ka-ching!

Leo July 24 - Aug. 23
This morning it's easy to be grumpy. However, soon the Moon moves into your sign, which gives you an advantage over everyone else. Enjoy your good fortune.

Virgo Aug. 24 - Sept. 23
Avoid morning arguments with a female acquaintance. Later in the day, do some research or find some privacy, and enjoy being on your own.

Libra Sept. 24 - Oct. 23
You like to keep the peace. Therefore, avoid arguments in the morning, because the rest of the day is warm and friendly.

Scorpio Oct. 24 - Nov. 22
Steer clear of sensitive subjects like religion, politics and racial issues this morning. Later in the day, bosses, parents and VIPs will talk about you for some reason.

Sagittarius Nov. 23 - Dec. 21
Disputes about shared property might arise this morning. Let these go, because what you really want to do is get out and have a change of scenery today. Do something different.

Capricorn Dec. 22 - Jan. 20
Be patient with partners and close friends this morning. Later today, you might ponder how your values are different from the values of others. We are all unique.

Aquarius Jan. 21 - Feb. 19
You have to go more than halfway when dealing with others today because the Moon is opposite your sign. This simply requires a little patience and cooperation. No biggie.

Pisces
Feb. 20 - March 20
Avoid disputes at work this morning. You don't need this! Later today, you will play and schmooze with others, as well as delight in sports or playful activities with children.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			9		8		6	
	2			8	3			
	6				5		7	1
						6	4	
7				2				9
	1	8						
2	8		6				5	
		5	4			7		
4		6		8				

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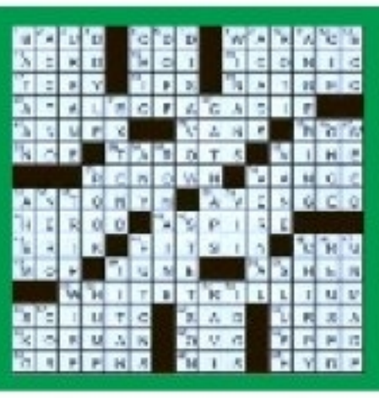
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



8	2	4	9	7	3	5	6	1
7	5	1	2	6	8	4	9	3
6	9	3	4	5	1	8	7	2
5	6	7	1	2	9	3	4	8
4	8	2	5	3	7	9	1	6
1	3	9	6	8	4	7	2	5
2	1	8	7	4	5	6	3	9
9	7	5	3	1	6	2	8	4
3	4	6	8	9	2	1	5	7

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